



Recommended Supplement: DHEA

- *Promotes healthy hormone balance
- *supports mood regulation
- *Promotes healthy aging
- *Supports bone health



Recommended Supplement: Turmeric

- *Prevents moisture loss from skin
- *Helps with stress
- *Anti-inflammatory



Components to Healthy Aging

- *Healthy Eating
- *Injury Prevention
 - *Oral Health
- *Physical Activity
- *Mental Health